



Visual Story

ME & MY SHADOW

Space Theatre, Adelaide Festival Centre
August 2026

What to expect at *Me & My Shadow*, a visual story for children.

What's in this guide?

This visual story will guide you through *Me & My Shadow*, a theatre performance by Patch Theatre.

We have detailed the experience and noted audio and visual details for those coming to the show.
You can read through this guide before your visit so you can get to know the show and let children know what to expect.

Please keep an eye on our website for any version updates to this guide.

For more information, please contact Patch Theatre:

Website: www.patchtheatre.org.au/

FAQs: www.patchtheatre.org.au/news/me-and-my-shadow-faqs

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Phone: (08) 8470 0165

Show warnings: None

Venue accessibility: The Space Theatre is a fully accessible venue and is suitable for people with a range of access needs. For access information for Adelaide Festival Centre venues, please visit

<https://www.adelaidefestivalcentre.com.au/your-visit/dunstan-playhouse-and-space-theatre>

Show photography by Matt Byrne and other uncredited photographers. Other imagery generated by AI.

This guide was created by Patch Theatre in consultation with Access2Arts (2026).

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Theatre for everyone

We warmly welcome people with access needs or sensory sensitivities to our shows.

The Adelaide Festival Centre accommodates people with access needs and is wheelchair accessible. Check their website for information, the front-of-house team will be available to assist you during your visit.

www.adelaidefestivalcentre.com.au/your-visit/accessibility

Here are some other good things to know:

- *Me & My Shadow* is a physical performance and features very little spoken language
- there are no very loud sounds in the sound design or music
- we recommend bringing earmuffs for children who may find noisy spaces over-stimulating
- low level lighting is used throughout the show to create effects; at the end there is a moment with very bright lights
- when the show ends, there is a brief moment of darkness before the lights come back on
- we take a relaxed approach to audience noise and movement, and children who need a break are welcome to exit and re-enter with guidance from the front-of-house team



Visual Story

ME & MY SHADOW

A guide for children about what
they will see and hear.



Soon, I am going to see a show called *Me & My Shadow*.

It is a live performance in a theatre.

I will sit in my seat and watch the show on stage.

I do not need to join in.

My family or friends will be with me.

Image description: A person stands on a dark stage in front of a purple background. She has her hands on her hips and looks over her shoulder at her shadow which is jumping up in the air.



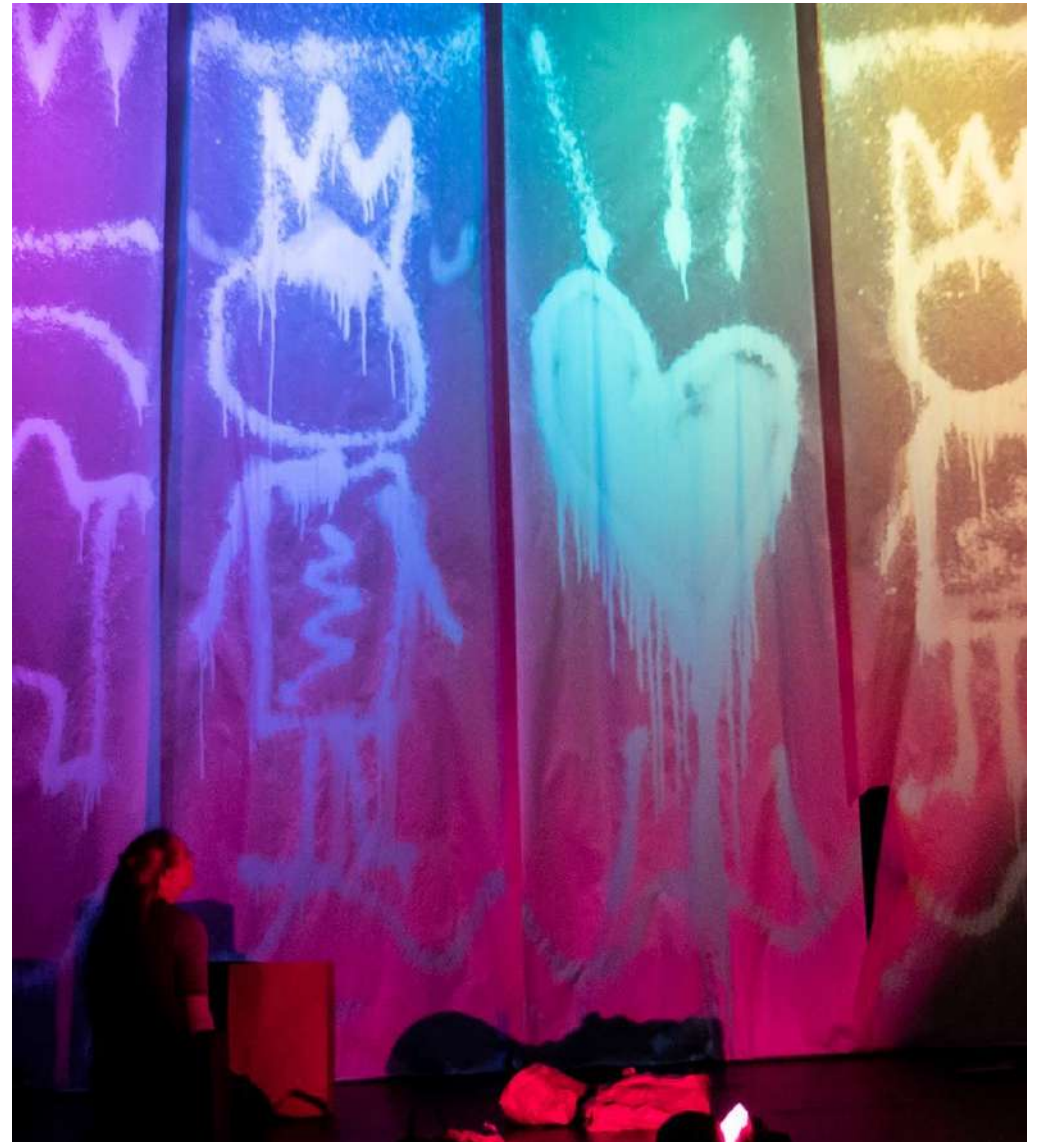
Me & My Shadow is a story about a person and their shadow becoming friends.

It is about:

- meeting someone new
- learning how to play together
- solving problems
- sharing joy

The story is gentle and playful.

Image description: A person sits on a floor looking up at a wall. There are colourful drapes hanging down with drawings on them.



There are two performers on stage.

They wear everyday clothes, perfect for playing.

Even when something looks surprising, the performers are safe.

They are pretending and enjoying themselves.

Image description: A person is standing next to another person who is sitting on a box. They are both wearing paper hats and are laughing. Their shadows are on the wall behind them.



In the theatre, there will be a stage. This is where the performers act.

There will be lots of seats. I will sit here with my family or friends.

There are spaces for wheelchairs.

There are people who work at the theatre who will help us if we need anything.



Image description: Taken from the stage, an empty theatre is ready for its audience. The seats are red and we see lighting rigging in the ceiling.

On the stage, I will see:

- two performers who act and tell the story
- large drapes which hang from the ceiling
- paper bags that change into different things
- light and shadow moving and changing size
- colours appearing and disappearing

Image description: A person stands in front of a backdrop on which has hand drawn people on it, and her large shadow. She is surrounded by paper bags on the floor.



Light

Some parts of the show are darker so I can see the shadows clearly.

There will be lights in different colours.

If I don't like how the lights feel, I can wear dark glasses or cover my eyes.

Image description: A person holds both arms above his head. His shadow looks like it is holding a ball of light which shines on the wall behind him.



Sound

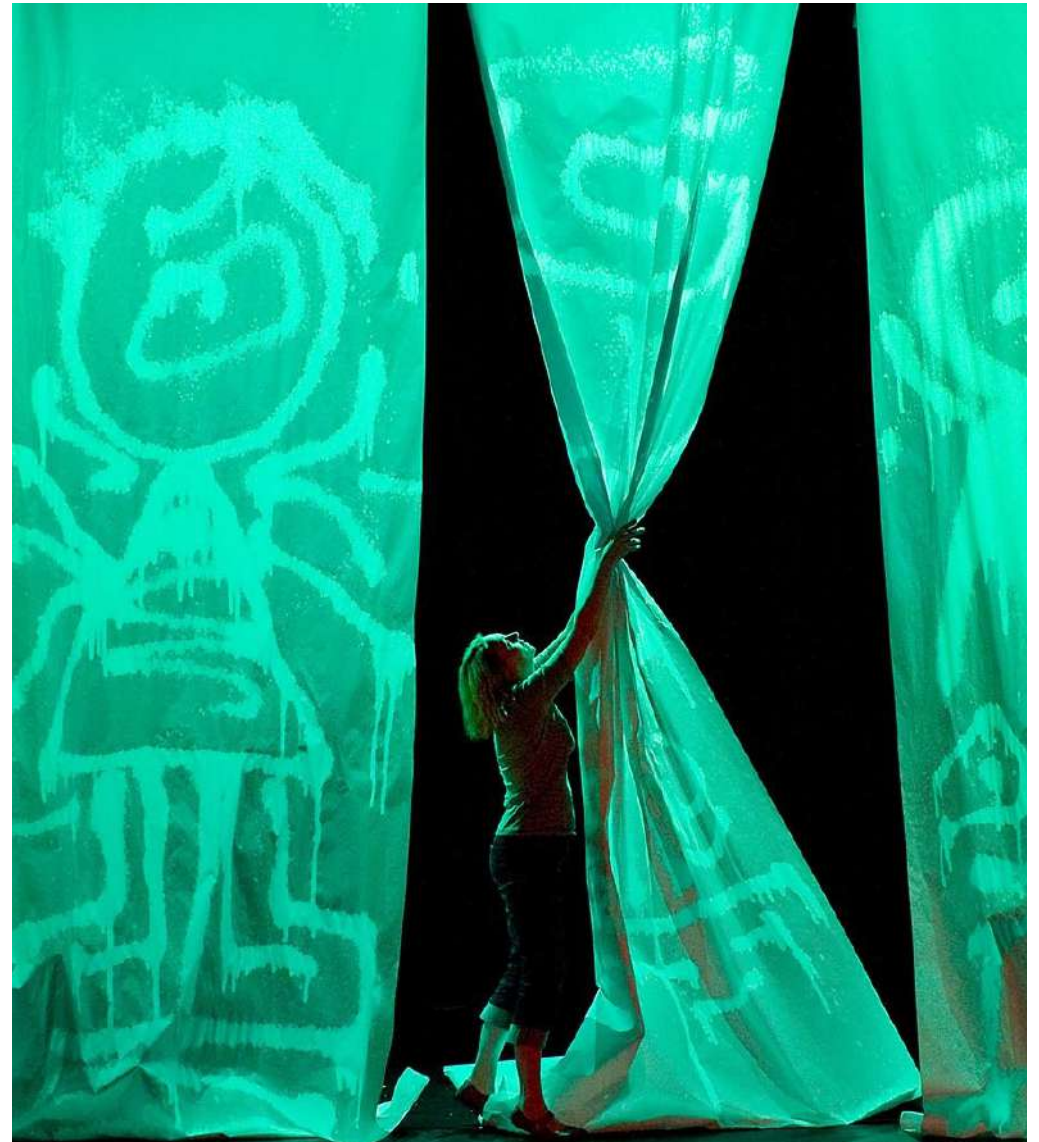
The performers will laugh, say some words, and say some short sentences.

There will be music and sound played through speakers.

Sometimes it will be quiet and calm.
Sometimes it will be a little louder.

There will not be any very loud sounds.

Image description: A person reaches up to grab a long curtain. Around her other curtains hang from the ceiling and they are lit up in green light.



Movement

The performers move their bodies to tell the story.

They run around, play and do special tricks.

I will stay in my seat and watch.

Image description: A person lifts up another person by the hips. She is reaching up to catch a red ball.



I will stay with my group and sit in my seat.

I can make sounds to show how I feel, like laughing or saying “wow”.

I will also be still and quiet enough so everyone can hear and see the show.

Image description: A group of children sit in a theatre. They are watching a show and having a good time.



The show goes for 45 minutes.

If I need help, I can let an adult know.

An adult can assist me to leave the theatre during the show if needed.



Image description: A group of children sit in a theatre, they are waiting for a show to start. The stage is ready with a set and paper bags on the floor.

When the show finishes, people clap to say thank you.

Some people might even cheer!

I might feel happy, calm or even sad that it is ending. That is ok.

I can express my feelings in the way is comfortable for me.

Image description: A group of people in a theatre are laughing and clapping their hands.



When we leave, I might:

- talk about my favourite part
- think about the shadows and light
- tell my family and friends about the story

Everyone experiences *Me & My Shadow* in their own way.

Image description: A group of children walk out of a theatre, they are smiling and talking.



Everyone at Patch Theatre
is looking forward to
seeing you at
Me & My Shadow!

Image description: A person reaches through a curtain and holds out his hand. In front of him, another person holds out her hand. Although they don't touch, their shadows are holding hands.

